



Matter of Flax, LLC

... Products Alive with Wellness

Our newest Matter of Flax product - "Raw Essentials Snack Pack", available in 4 delicious combinations, is a healthy *Snack-on-the-go* that is a flavorful, all-organic, raw-food - "Alive with Wellness". We have combined our Whole Life Flax Krisp and our dehydrated "No Bean" Hummus in one snack pack, giving you both your Omega 3 and Omega 6 essential fatty acids. Packaged in a convenient 8 oz. clear plastic container, this snack pack includes 1½ oz. of savory Flax Krisps, 2 oz. of dehydrated "No Bean" Hummus (which you just add Spring Water to), and a small plastic spoon/spreader.



Matter of Flax utilizes a special dehydration process that keeps temperatures at less than 108 degrees - keeping the living enzymes intact, bio-available and microbe-free. As a result, our colorful delicious Flax Krisps and "No Bean" Hummus (made from sprouted sunflower seeds) retain all of the nutritional and enzymatic values found in sprouted raw food. All products are wheat free and gluten free, with no artificial coloring or preservatives.

EAST INDIAN - all organic ingredients

Flax Krisp: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Carrots, Red and Green Bell Peppers, Yellow Onions, Cilantro, Tandoori Spice, Curry, Paprika.

Dehydrated Hummus: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Garlic, Lemon Juice, Spring Water, Tandoori Spice, Curry, Citric Acid.

HERB GARDEN - all organic ingredients

Flax Krisp: Golden Sprouted and Ground Flax Seeds, Sprouted Brown Flax Seeds, Sprouted Pumpkin Seeds, Yams, Carrots, Baby Spinach, Gold Beets, Fennel, Parsley, Zest of Tangerine, Tangerine Juice, Sage, Rosemary, Thyme, Ground Celery Seeds, Sea Salt, Spring Water.

Dehydrated Hummus: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Fresh Dill Weed, Garlic, Dill Pickle Juice, Lemon Juice, Cumin, Citric Acid, Sea Salt.

ITALIAN - all organic ingredients

Flax Krisp: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Sun Dried Tomatoes, Carrots, Red and Green Bell Peppers, Yellow Onions, Basil, Garlic, Italian Seasonings, Paprika.

Dehydrated Hummus: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Sun Dried Tomatoes, Basil, Garlic, Lemon Juice, Paprika, Cumin, Citric Acid, Sea Salt.

MEXICAN - all organic ingredients

Flax Krisp: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Carrots, Red and Green Bell Peppers, Cilantro, Yellow Onions, Jalapeno Peppers, Garlic, Lime Juice, Zest of Lime, Habanero Seasonings, Cumin, Sea Salt.

Dehydrated Hummus: Sprouted Sunflower Seeds, Raw Tahini, Roma Tomatoes, Yellow Onions, Cilantro, Jalapeno Peppers, Garlic, Lime Juice, Paprika, Habanero and Southwest Spices, Sea Salt, Cumin, Citric Acid.



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East Indian

Italian

NUTRITION FACTS Serv Sz 1 oz (2 Servings); 2 Serv per container. Amount Per Serv: Cal. 160, Fat Cal. 130, Total Fat 14g (22% DV), Sat. Fat 1.5 (8% DV), Cholest. 0mg, Sodium 0mg (0% DV), Total Carb. 7g (2% DV), Sugars <1g, Fiber 3g (14% DV), Protein 6g, Vitamin A 0%, Vitamin C 4%, Calcium 4%, Iron 15%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

ALL ORGANIC

Dehydrated Hummus Ingredients: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Garlic, Lemon Juice, Spring Water, Tandoori Spice, Curry, Citric Acid.
Krisps Ingredients: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Carrots, Red and Green Bell Peppers, Yellow Onions, Cilantro, Tandoori Spice, Curry, Paprika.

Whole Life Flax Krisp and "No Bean" Hummus products, are an organic raw sprouted and dehydrated source of bio-available enzymes and essential nutrients. Our products are free of wheat, gluten, sugar, preservatives, yeast and artificial colors or flavors.

NUTRITION FACTS Servings 2; Amount Per Serving: Calories 70, Fat Cal. 45, Total Fat 5g (8% DV), Sat. Fat .5 (3% DV), Trans Fat 0, Cholest. 0mg, Sodium 10mg, Total Carb. 6g (2% DV), Fiber 4g (14% DV), Sugars 1g, Protein 3g, Vitamin A 25%, Vitamin C 25%, Calcium 2%, Iron 8%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

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PO Box 12170 - Prescott, AZ 86304
Tel (888) 541-FLAX (3529) - Fax (928) 541-0169

NUTRITION FACTS Serv Sz 1 oz (2 Servings); Amount Per Serving: Calories 160, Fat Cal. 110, Total Fat 12g (18% DV), Sat. Fat 1.5 (7% DV), Cholest. 0mg, Sodium 20mg (1% DV), Potassium 0mg, Total Carb. 11g (4% DV), Sugars 3g, Fiber 4g (15% DV), Protein 6g, Vitamin A 8%, Vitamin C 8%, Calcium 6%, Iron 15%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

ALL ORGANIC

Dehydrated Hummus Ingredients: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Sun Dried Tomatoes, Basil, Garlic, Lemon Juice, Paprika, Cumin, Citric Acid, Sea Salt.
Krisps Ingredients: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Sun Dried Tomatoes, Carrots, Red and Green Bell Peppers, Yellow Onions, Basil, Garlic, Italian Seasonings, Paprika.

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NUTRITION FACTS Servings 2; Amount Per Serving: Calories 80, Fat Cal. 45, Total Fat 5g (8% DV), Sat. Fat .5 (7% DV), Trans Fat 0, Cholest. 0mg, Sodium 10mg, Total Carb. 6g (2% DV), Fiber 4g (15% DV), Sugars 1g, Protein 3g, Vitamin A 25%, Vitamin C 25%, Calcium 4%, Iron 8%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

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Herb Garden

Garlic Free - Onion Free - Nightshade Free

Mexican

NUTRITION FACTS Serv Sz 1 oz (2 Servings); Amount Per Serving: Calories 160, Fat Cal. 120, Total Fat 14g (21% DV), Sat. Fat 1.5 (8% DV), Cholest. 0mg, Sodium 200mg (8% DV), Total Carb. 6g (2% DV), Sugars <1g, Fiber 3g (11% DV), Protein 6g, Vitamin A 0%, Vitamin C 0%, Calcium 6%, Iron 10%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

ALL ORGANIC

Dehydrated Hummus Ingredients: Sprouted Sunflower Seeds, Raw Tahini, Yellow Onions, Fresh Dill Weed, Garlic, Dill Pickle Juice, Lemon Juice, Cumin, Citric Acid, Sea Salt.
Krisps Ingredients: Golden Sprouted and Ground Flax Seeds, Sprouted Brown Flax Seeds, Sprouted Pumpkin Seeds, Yams, Carrots, Baby Spinach, Gold Beets, Fennel, Parsley, Zest of Tangerine, Tangerine Juice, Sage, Rosemary, Thyme, Ground Brown Mustard Seeds, Ground Celery Seeds, Sea Salt, Spring Water.

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NUTRITION FACTS Servings 2; Amount Per Serving: Calories 80, Fat Cal. 45, Total Fat 5g (8% DV), Sat. Fat .5 (3% DV), Trans Fat 0, Cholest. 0mg, Sodium 80mg, Total Carb. 7g (2% DV), Fiber 3g (14% DV), Sugars 1g, Protein 3g, Vitamin A 35%, Vitamin C 6%, Calcium 4%, Iron 8%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

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NUTRITION FACTS Serv Sz 1 oz (2 Servings); Amount Per Serving: Calories 130, Fat Cal. 100, Total Fat 11g (17% DV), Sat. Fat 1.5 (6% DV), Cholest. 0mg, Sodium 20mg (1% DV), Total Carb. 6g (2% DV), Sugars 1g, Fiber 2g (10% DV), Protein 5g, Vitamin A 6%, Vitamin C 8%, Calcium 6%, Iron 10%. Percent Daily Values (DV) are based on a 2,000 calorie diet. Your Daily Values (DV) may be higher or lower depending on your calorie needs.

ALL ORGANIC

Dehydrated Hummus Ingredients: Sprouted Sunflower Seeds, Raw Tahini, Roma Tomatoes, Yellow Onions, Cilantro, Jalapeño Peppers, Garlic, Lime Juice, Paprika, Habanero and Southwest Spices, Sea Salt, Cumin, Citric Acid.
Krisps Ingredients: Golden Sprouted and Ground Flax Seeds, Sprouted Pumpkin Seeds, Roma Tomatoes, Carrots, Red and Green Bell Peppers, Cilantro, Yellow Onions, Jalapeño Peppers, Garlic, Lime Juice, Zest of Lime, Habanero Seasonings, Cumin, Sea Salt.

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